

# DANCE & FITNESS CLASSES

## *Timetable*

### TUESDAYS

4pm - 5pm  
Street Dance 3-7 yrs £5

5.15pm - 6.15pm  
Street Dance 7-11yrs £5

6.15pm - 7.30 pm  
Teens Street Dance £5  
(High School ages)

7.45pm - 8.45pm  
Calorie Blast for adults £5



### WEDNESDAYS

12 noon - 1pm  
Dance Blast for Adults £5

4pm - 5pm  
Junior Dance Squad - Audition only

5pm - 6pm  
Street Dance ages 7-11yrs £5

6pm - 7pm  
Musical Theatre 7+ yrs £5

7.15pm - 8.15pm  
Dance Blast for Adults £5

8.15-9.15pm  
Adult mixed style Dance £5

### THURSDAYS

10 am - 11am  
Zumba for Adults £5

4pm - 5pm  
Street Dance  
3-7 yrs £5

5pm - 6pm  
Musical Theatre 3-7 yrs £5

5.30pm - 7.30pm  
Teens Social Time and Street Dance  
High School Ages £5

7.30pm - 8.30pm  
Private Lessons

### FRIDAYS

12pm - 1pm  
Calorie Blast for Adults £5

1.30pm - 2.00pm  
Twinkle Twinkle Little Stars  
Toddler ages £4

4pm - 5pm  
Ballet and Tap 3 - 7 yrs £5

5pm - 6pm  
Street Dance 7-11 yrs £5

6pm - 7.30pm  
Ballet and Tap 7- 11 yrs £7.50

### SATURDAYS

9.30am - 10.30am Ballet and Tap 3-7 yrs £5

11am - 12.30pm Ballet and Tap 7-11 yrs £7.50

1pm - 2pm Improvers 7-18 yrs £5

2pm - 3.30pm Ballet and Tap 11+ yrs £7.50

3.30pm - 4.30pm Senior Dance Squad Audition only £5